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DRINK MORE GRAPEFRUIT JUICE

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Wallace L. Kadderly, Chief of Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Monday, December 20, 1943, over stations associated with the Blue Network.

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KADDERLY: This is Wallace Kadderly.

VAN DEMAN: And this is Ruth Van Deman.

KADDERLY: Ruth, there's a merry twinkle in your eyes today. In fact, you look just BURSTING with health. What's the secret?

VAN DEMAN: Well, Wallace, maybe it was the tall glass of ice cold grapefruit juice I had for breakfast. And was it easy! All I had to do was open a can I'd put in the icebox the night before. And after I poured my glassful, of course I put the can right back in the icebox.

KADDERLY: That's fine for you, Ruth...but maybe the rest of us don't manage our ration points as well. After all...grapefruit juice every day...well, wouldn't that go way over our ration allowance?

VAN DEMAN: Why, Wallace, you aren't slipping, are you? It was more than two weeks ago that canned grapefruit juice was released from rationing completely.

KADDERLY: Oh, Oh! I am slipping. Well, all I can say is, it's human to forget. Anyhow, if it's now point-free, that must mean we have a whale of a lot of canned grapefruit juice.

VAN DEMAN: Yes. The Armed Forces released some of their reserves, and so there's a large supply in most stores. And I'm certainly going to take advantage of it in the big can.

KADDERLY: I'd like to see you, totin' those big 46-ounce cans home at night?

VAN DEMAN: It's well worth the effort, Wallace. The big cans are a lot more economical. And I, for one, want to drink a lot of grapefruit juice while it's plentiful. You know, canned grapefruit juice has a little bit of two of the B vitamins we need. But the best part about grapefruit juice is its Vitamin C.

KADDERLY: Vitamin C...that's the one we need for sound bones and teeth.

VAN DEMAN: Wallace, your memory's getting better...much better than it appeared a moment ago. But you didn't mention the reason we should all drink plenty of grapefruit and other citrus juices right now. Vitamin C is important in building up bodily resistance against infection. And here's another reason doctors often tell you to drink citrus juices when you have a cold: They alkalize your system, and so help prevent infection.

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KADDERLY: I know that's true, but doesn't it sound strange...an acid making your system alkaline.

VAN DEMAN: It does, I admit. But here's what happens. After the citric acid is burned up in the digestive process, it leaves an alkaline ash. The result is better than taking bicarbonate of soda, and a lot more pleasant! You know, that wonderful, fresh, tart taste...I think it improves any meal. We can be mighty thankful we have a big supply of grapefruit juice right now.

KADDERLY: As a matter of fact, I think this reminder on grapefruit juice is so important, you ought to post it on the bulletin board.

VAN DEMAN: All right. Consider it posted.

KADDERLY: Do you have anything else to go on the board?

VAN DEMAN: Yes...a very brief item about raisins.

KADDERLY: Let's have it.